

YOU CAN
QUIT
SMOKING!



Tobacco Cessation Classes

Cigarettes and smokeless tobacco

Classes starting in January 2018.

Start Dates are:

*Daytime classes = Fridays 9:00-10:00am
January 5th – February 16th*

*Evening classes = Tuesdays 5:30-6:30pm
January 2nd – February 13th*

All classes will be held at the Civic Center Training room (Old Cultural Center). Classes are 7 weeks.

Eligible patrons of WahZhaZhi Health Center can receive tobacco cessation medications and aids. Classes are open to anyone!

For more information, contact

Osage Nation Public Health Nursing or Community Health Representatives

918-287-5482 or 918-287-5270